

## **ABSTRACT**

An head restraint with an insert on seats in motor vehicles whereby said head restraint controls occupant's head acceleration and reduces neck loading in cases of impact. This head restraint comprises a post of any shape inserted into a seatback, foam  
5 of a desired thickness, an insert sized to cover a majority of the surface area on the front face and top of said head restraint, and a trim cover. Alternatively, the head restraint may be of integral design without posts. The insert is meant to float within foam in the head restraint and one can use clips or locating pins during manufacturing to obtain desired floating effect.